



## FEBRUARY 2026

Hello everyone,

We trust you had a productive and peaceful holiday season and ready for a good year ahead.

We offer our support to all who are suffering loss or injury from bushfires and floods. We wish you a speedy recovery and are here to help.

Applying biodynamics to your patch can help restore soil and heal damaged plants and trees after climate extremes. Biodynamics balances and strengthens plants using specific preparations.

Key recommendations include using Equisetum (508) for fungal control, Soil Activator to rejuvenate soil life, and Horn Silica (501) to improve plant resilience.

If you have relevant stories of this time, we would like to share them via our newsletter. Email us at: [bdnewsleaf@biodynamics.net.au](mailto:bdnewsleaf@biodynamics.net.au)

In this edition you will see John getting into his 2026 enthusiasm with the first of a number of new Q&As, and his piece on compost worms. Next edition will contain a sequel, on earthworms.

Here's hoping the year's weather settles down.

Best wishes,

Kaz and John

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## Key biodynamic spray dates

### FEBRUARY 2026

#### Moon opposition Saturn

[Note that this strongly vitalising influence is “in orb” for up to 12 hours either side of the opposition time. It is believed that spraying out biodynamic soil preparations (late afternoon) and atmospheric preparations (early morning) back-to-back reinforces the balance between the Moon’s calcium influence and Saturn’s silica influence, giving pasture and crops greater resilience to weather extremes, diseases and pests.]

February 5<sup>th</sup>, 5.48pm

#### Moon descending periods

[This is the recommended/usual soil spraying time, when the Moon’s influence is working below the soil surface.]

February 13<sup>th</sup> – 26th

#### Moon ascending periods

February 26<sup>th</sup> – March 12th

### Sequential spraying dates to encourage rain

[To encourage rain, consider buying a *Rain Plus Kit*. A series of four soil and atmospheric sprays are put out over three successive days when the Moon is in a water sign and preferably near Full Moon.] The best sequential spraying dates for October 2025:

February 1<sup>st</sup> – 3rd

**Order a Rain Plus Kit in time to spray out on the dates suggested above.**

Please allow seven days for postage.

*Read more...*

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**Dare to go one step further!**

**Q1: Do I feed the plant or feed the soil?**

**A:** Soil suitable for growing plants is full of living organisms and these are what feed the plant. If we feed the organisms then we feed the plant. It's as simple as that, yet this goes against conventional wisdom.

“Fertilizing” leads to plants lazily taking up soluble artificial nutrients via all their roots - both water roots and feeder roots. This is not natural. Offering a plant a soluble (even a slow-release) chemical feed is setting it up to be a junkie. They can't resist such lollies. Their roots cry out for more, and doom any plant to weakness and ill-health, let alone below-par nutrient density unfit for animal or human consumption.

It is such a pity, even a tragedy, that food crops grown with soluble artificial fertilizers are usually big, lush and beautiful. However their fruit, grain or leaf can never be optimal regarding taste, keeping quality or the quality of carbohydrates and proteins conducive to good health and strong immune systems.

**Q2: How can we best feed the living part of the soil?**

**A:** Apply STIMULATION to the soil life in the form of ENERGY, not CHEMISTRY! (Of course good compost will do the trick!)

Fortunately biodynamics caters for this, in the form of extremely energised products made from natural ingredients.

Our Biodynamic Soil Activator (BDSA), is the most powerful way to stimulate living soil to feed the plant properly.

The quantity needed per unit of area is so ridiculously small (and inexpensive), spraying it out after dilution and stirring in water is straightforward. Once you start applying the process and seeing the results, you wonder why everyone isn't doing it!

Use the Astro Calendar to find out the best times to apply preparations.

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## The 2026 Antipodean Astro Calendar

Find out the best times to plant and spray out preparations with the Brian Keats Antipodean Astro Calendar containing beneficial information and beautiful illustrations.

***\$45 including postage and handling.***

Go to our ***webpage to learn more.***

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## **Biodynamic remediation for heat stress**

- **Soil activation:** Use **Biodynamic Soil Activator** and **Cow Pat Pit (CPP)** to kickstart microbial activity in burnt, sterilized soil.
- **Preventing erosion and rebuilding structure:** Apply **Horn Manure (500)** to aid root development and rebuild soil structure after intense heat.
- **Vegetation management:** Leave burnt trees, logs, and leaf litter in place to act as physical barriers that slow water runoff and protect against further erosion.
- **Pasture regeneration:** To help pastures recover, gently tug on burnt grass clumps; if they stay in place, they have survived and will recover.

## **Biodynamic remediation after floods**

- **Fungal control:** Floodwaters often cause fungal outbreaks. Apply **fresh Equisetum (508)** as a foliar spray to help plants harden against fungal diseases.

- **Reoxygenating soil:** Flooded soils become anaerobic. A recommended mixture for soil application includes 1 litre of 35% hydrogen peroxide, 3 litres of molasses, 75g of Soil Activator, and 1 litre of Seaweed Concentrate per 100 litres of water (covers 1 ha).
- **Soil aeration:** Use a fork to manually aerate soil and break up compacted, pugged soil.
- **Plant protection:** Follow up with atmospheric sprays of **Horn Silica (501)**, Summer Horn Clay, and Fresh Equisetum (508) to boost plant vitality and resilience.

## General post-disaster actions

- **Restoring soil health:** Focus on reintroducing microbial life. Use compost preparations to help re-establish the soil food web, often in conjunction with adding organic matter or compost.
- **Water management:** Monitor dams for ash, silt, and algae, as these can create toxic conditions. Use sediment fences to protect water sources.
- **Stock care:** Provide secure, dry, and unburnt areas for livestock. Monitor for diseases such as foot rot, pneumonia, or illness caused by consuming contaminated feed.

For both scenarios, the primary goal is to heal the soil and rebalance the landscape rather than relying on external chemical inputs.

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# Biodynamic Soil Activator

- a wonderful way to boost your garden, market garden, vineyard, orchard or farm
- particularly effective at remediating severely degraded or out-of-balance soil
- can be sprayed out monthly, but at least twice a year at active growing times, especially during drought

Also available as *Liquid Soil Activator*, which is pre-potentised requiring no stirring, only dilution.



Biodynamic Agriculture Australia Ltd  
[www.biodynamics.net.au](http://www.biodynamics.net.au)



## The case for worms in compost

**John Hodgkinson**

We know that compost heaps are sites of transformation. Once-living materials of all kinds (even pollutants and toxic stuff!) are transformed into beneficial and stimulating inputs for the soil food web of our gardens, orchards and farms.

Of all the organisms – mostly microorganisms – which perform this magic in the compost heap, one which is often underrated is the compost worm. The most commonly used species is *Eisenia fetida*, aka red wigglers. These are commercially available on the web, so you don't have to search for them around your neighborhood.

Since I began seriously making compost about 60 years ago, I've always made sure that I've added compost worms at the beginning. To me, they are one of the essential inputs. Because of this I am careful not to include too high a proportion of nitrogenous materials (eg: horse manure, fresh grass clippings) so that the heap temperature stays relatively low – no more than around 60 degrees C. Compost worms will die at higher temperatures.

Generally speaking, I consider that the activity of a large population of compost worms in any heap ensures a rapid and optimal decomposition of organic materials into plant-available nutrients for uptake by feeder roots of the plants where it is put out.

[Read more...](#)



## **Richie Laming - Roots and risks: Path to regenerative agriculture**

Richie Laming believes that human wellness and ecosystem wellness are deeply intertwined. In this powerful conversation, he shares how his personal healing journey shaped his work at Lake Hawea Station, New Zealand, where wellness tourism meets regenerative farming. From tree planting and soil carbon projects to biodynamic workshops and community education, Richie paints a holistic vision for how farms can be spaces of healing for both people and the planet. His reflections invite us to see farming not just as production, but as transformation.

*Read more...*

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# **Biodynamic Comfrey & Nettle Liquid Manures**



**Two extremely important plant tonics and preventives for the garden, orchard, vineyard, market garden and farm.**

**Their potency is bolstered by addition of the biodynamic compost preparations 502-507 and the use of "structured water".**

**These products come in two sizes for small gardens and modest horticulture settings only.**

*For larger situations it is best to make your own – refer to our Biodynamic Handbook for directions.*



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## Nutrition as a force for good

**Biodynamics Sydney [newsletter@biodynamicssydney.org](mailto:newsletter@biodynamicssydney.org)**

Dr Ehrenfried Pfeiffer, one of the leading lights of the original Biodynamic movement, and author of many books still in print and in wide use today, wrote the following (edited for this newsletter):

“I had [a conversation] with Dr. Steiner en route from Stuttgart to Dornach shortly before the agricultural course was given...

I asked, ‘How can it happen that the spiritual impulse, and especially the inner schooling, for which you are constantly providing stimulus and guidance, bear so little fruit? Why do the people concerned give so little evidence of spiritual experience, in spite of all their efforts? Why, worst of all, is the will for action, for the carrying out of these spiritual impulses, so weak?’ I was particularly anxious to get an answer to the question as to how one could build a bridge to active participation and the carrying out of spiritual intentions without being pulled off the right path by personal ambition, illusions and petty jealousies; for these were the negative qualities Rudolf Steiner had named as the main inner hindrances.

Then came the thought-provoking and surprising answer: 'This is a problem of nutrition. Nutrition as it is to-day does not supply the strength necessary for manifesting the spirit in physical life. A bridge can no longer be built from thinking to will and action. Food plants no longer contain the forces people need for this'. A nutritional problem which, if solved, would enable the spirit to become manifest and realise itself in human beings!"

If we understand this conversation took place one hundred years ago, we must consider how much more relevant it is to our situation today!

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## **A Verse for our time**

We must eradicate from the soul

All fear and terror of what comes towards man out of the future.

We must acquire serenity

In all feelings and sensations about the future.

We must look forward with absolute equanimity

To everything that may come.

And we must think only that whatever comes  
Is given to us by a world-directive full of wisdom.

It is part of what we must learn in this age,

namely, to live out of pure trust,

Without any security in existence.

Trust in the ever-present help

Of the spiritual world.

Truly, nothing else will do

If our courage is not to fail us.

And let us seek the awakening from within ourselves

Every morning and every evening.

-Rudolf Steiner

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# “MESSY” GARDEN HABITS THAT HELP WILDLIFE

NOT EVERY TIDY HABIT IS GOOD FOR NATURE. SOMETIMES A LITTLE WILD IS BETTER.



## LEAVE DEAD STEMS HOLLOW

🐝 BUTTERFLIES + FIREFLIES OVERWINTER IN LEAF LITTER.



## DON'T PULL ALL THE WEEDS

🌿 CLOVER, DANDELIONS, AND VIOLETS FEED POLLINATORS.



## DELAY SPRING CLEANUP

🌿 CLOVER, DANDELIONS, AND VIOLETS FEED POLLINATORS.



## KEEP SOME FALLEN FRUIT

🌿 TALLER GRASS = INSECT HABITAT + SOIL PROTECTION.

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**Biodynamic Agriculture Australia**

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